

EAT Enterprises Nutrition Report

Menu: 9-12 Hot Lunch A

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Mini Corn Dogs HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Beans Green Frozen 20 lbs	0.75 cup	44.78	2.24	8.96	3.36	0	0	0	0	0	0
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Ketchup SS	1 ea	10	0	2	0	0	0	0	0	85	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Corn Dog Mini Turkey WG	9 ea	375	15	45	4.5	15	3.75	0	90	525	0
Totals:		786.38	32.54	125.96	16.96	17.7	5.25	0	105	1061.3	0

% Calories from:

Total Fat: 20.26%

Saturated fat%: 6.01%

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Walking Taco HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Taco Meat Turkey JTM	3.45 oz	148	16	5	2	7	2	0	41	274	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Sauce Cheese Canned	1.5 oz	45	0	4.5	0	2.63	0.75	0	0	322.5	0
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Beans Black Canned	0.5 cup	110	7	20	5	0	0	0	0	130	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Chip Doritos Nacho 1 oz WG	1 ea	130	2	20	2	5	1	0	0	200	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Cracker President WG	1 ea	120	2	22	2	4	0	0	0	65	6
Totals:		852.7	38.35	131.48	16.34	22	5.25	0	56	1112.87	6

% Calories from:

Total Fat: 23.22%

Saturated fat%: 5.54%

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Pasta Shells & Cheese HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pasta Stuffed Shells WG	2 ea	230	15	29	2	6	3.5	0	20	380	0
Applesauce Cup 4.5 oz	1 ea	50	0	16	2	0	0	0	0	15	0
Peas Frozen 20 lbs	1 cup	119.4	7.46	20.9	7.46	0	0	0	0	164.18	0
Sauce Spaghetti Canned	0.5 cup	60	2	13	3	0	0	0	0	500	1
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Cornbread Loaf 2 oz WG	1 ea	180	3	28	1	6	0.5	0	15	90	15
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		799.4	35.46	133.9	16.46	14.5	5.5	0	50	1269.18	16

% Calories from:

Total Fat:	16.32%
Saturated fat%:	6.19%

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Pancakes & Sausage HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pancakes WG	2 ea	160	4	30	2	2	0	0	0	200	0
Sausage Turkey Patty	2 ea	120	12	0	0	8	2	0	60	180	0
Potatoes Tater Tot	16 ea	180	2	28	4	7	0	0	0	340	0
Blueberries Fresh	0.5 cup	40	0.5	10.5	2	0.25	0	0	0	0	0
Mandarin Orange Cup 4.5 oz	1 ea	80	1	20	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Syrup Sugar Free	1 ea	25	0	10	0	0	0	0	0	75	0
Egg Frozen Patty (264 ct)	1 ea	50	3	0	0	3.5	1	0	100	125	0
Totals:		755	30.5	109.5	9	23.25	4.5	0	175	1040	0

% Calories from:

Total Fat: 27.72%

Saturated fat%: 5.36%

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Cheese Pizza HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Cheese 4x6 WG	1 ea	300	16	34	4	11	4	0	15	470	0
Lettuce Romaine Chopped	1 cup	10	1	2	1	0	0	0	0	0	0
Tomatoes Grape	0.5 cup	16	0.8	3.5	1.1	0.2	0.05	0	0	4.5	0
Honeydew	0.5 cup	70	0	16	1	0	0	0	0	20	0
Cranberries Dried 1oz	1 ea	110	0	27	2	0	0	0	0	0	22
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Dressing Ranch SS	1 ea	30	0	2	0	2.5	0	0	5	55	1
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	0
Totals:		761	28.3	115.5	12.1	19.7	6.55	0	35	864.5	23

% Calories from:

Total Fat: 23.30%

Saturated fat%: 7.75%

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Chicken Strips HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Peas Frozen 20 lbs	1 cup	119.4	7.46	20.9	7.46	0	0	0	0	164.18	0
Chicken Tender Breaded WG Tyson	4 ea	320	30	18	2	14	3	0	70	500	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Cracker Cheese Crispy Square WG	1 ea	110	3	17	2	3.5	1	0	0	180	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Totals:		804.81	49.67	105.88	15.37	20.16	5.5	0	85	1055.55	3

% Calories from:

Total Fat:	22.54%
Saturated fat%:	6.15%

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Nachos HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Taco Meat Turkey JTM	3.5 oz	150.14	16.23	5.07	2.03	7.1	2.03	0	41.59	277.97	0
Carrots Diced Frozen 20 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Beans Black Canned	0.5 cup	110	7	20	5	0	0	0	0	130	0
Applesauce Cinnamon Cup 4.5 oz	1 ea	50	0	14	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Chip Tortilla Round Bulk	2 oz	240	4	40	4	9	1	0	0	150	0
Sauce Cheese Canned	2 oz	60	0	6	0	3.5	1	0	0	430	0
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Totals:		793.47	35.9	117.4	15.03	22.1	5.53	0	56.59	1154.64	0

% Calories from:

Total Fat: 25.07%

Saturated fat%: 6.27%

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Cheese Ravioli HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Sauce Spaghetti Canned	0.5 cup	60	2	13	3	0	0	0	0	500	1
Pasta Cheese Ravioli WG	7 ea	230	16	34	3	3	1.5	0	5	240	0
Potatoes Sweet Potato Tot	10 ea	170	1	34	3	4	0	0	0	230	9
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Breadstick 1 oz WG	1 ea	60	2	12	1	0.5	0	0	0	80	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Totals:		784.1	31.8	146.5	15.6	10.2	3	0	20	1188.8	10

% Calories from:

Total Fat: 11.71%

Saturated fat%: 3.44%

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Chicken & Waffles

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Tender Breaded WG Tyson	4 ea	320	30	18	2	14	3	0	70	500	0
Waffle 1.25 oz WG	1 ea	65	2	11.5	1.5	1.75	0.25	0	2.5	180	0
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Syrup Sugar Free	1 ea	25	0	10	0	0	0	0	0	75	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Banana Institutional Pack (150 ct)	1 ea	110	1	27	3	0	0	0	0	0	0
Blueberries Fresh	0.5 cup	40	0.5	10.5	2	0.25	0	0	0	0	0
Totals:		814.29	44.64	117	11.93	22.71	4.75	0	87.5	1045	0

% Calories from:

Total Fat:	25.10%
Saturated fat%:	5.25%

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Stuffed Crust Pizza HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Cheese Stuffed Crust WG	1 ea	280	16	36	3	9	3	0	15	490	0
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Cucumbers 40lbs	0.75 cup	15	0	3	0	0	0	0	0	0	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Pretzel Goldfish WG IW	1 ea	90	2	16	1	1.5	0	0	0	200	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Dressing Ranch SS	1 ea	30	0	2	0	2.5	0	0	5	55	1
Totals:		745.41	28.71	126.98	10.91	15.66	4.5	0	35	921.37	1

% Calories from:

Total Fat: 18.91%

Saturated fat%: 5.43%

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Meatball Sub HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Meatballs Turkey	5 ea	100	11.67	5	0.83	4.17	1.25	0	37.5	375	0
Cheese Mozzarella Shredded 30 lbs	1 oz	80	8	1	0	6	3.5	0	15	170	0
Sauce Marinara Canned	0.25 cup	30	1	5	0	0.75	0	0	0	67.5	0.5
Bun Hot Dog 2 oz WG	1 ea	150.05	5.73	27.16	2.7	2.18	0.41	0	0	262.8	0
Beans Green Frozen 20 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Potatoes Sweet Potato Tot	10 ea	170	1	34	3	4	0	0	0	230	9
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Pineapple Tidbit Cup 4.5 oz	1 ea	60	0	16	1	0	0	0	0	0	0
Totals:		786.5	37.19	123.13	12.87	19.8	6.66	0	67.5	1226.6	9.5

% Calories from:

Total Fat: 22.66%

Saturated fat%: 7.62%

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Chicken Enchiladas HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Enchilada WG	2 ea	200	12	20	4	7	3	0	40	340	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Sauce Monterey Jack	2 oz	72.73	0.91	3.64	0	5.45	1.36	0	4.55	400	0
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Beans Black Canned	0.5 cup	110	7	20	5	0	0	0	0	130	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Chip Tortilla Round Bulk	1 oz	120	2	20	2	4.5	0.5	0	0	75	0
Totals:		802.43	33.26	123.62	16.34	20.32	6.36	0	59.55	1066.37	0

% Calories from:

Total Fat: 22.79%

Saturated fat%: 7.13%

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Cheese Lasagna HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Lasagna Cheese Roll WG	1 ea	240	15	29	2	6	3.5	0	20	390	0
Sauce Spaghetti Canned	0.5 cup	60	2	13	3	0	0	0	0	500	1
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Cauliflower Frozen	0.5 cup	12.5	1	2.5	1	0	0	0	0	12.5	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Cornbread Loaf 2 oz WG	1 ea	180	3	28	1	6	0.5	0	15	90	15
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Totals:		784.1	32.1	133	14.6	14.7	5.5	0	50	1131.7	16

% Calories from:

Total Fat: 16.87%

Saturated fat%: 6.31%

EAT Enterprises Nutrition Report

Philly Cheese Steak HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Beef Steak Philly	3 oz	196.01	14.56	3.86	0.09	13.15	4.96	0	58.84	236.63	2.15
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Bun Hoagie 2 oz WG	1 ea	151.12	5.82	28.55	2.76	5.82	0.26	0	0	236.67	3.76
Sauce Monterey Jack	1.5 oz	54.55	0.68	2.73	0	4.09	1.02	0	3.41	300	0
Peas Frozen 20 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Peppers & Onions	0.25 cup	15	0.33	3	0.67	0.17	0	0	0	96.67	0
Watermelon Seedless	0.5 cup	23	0.45	5.5	0.3	0.1	0	0	0	0.75	0
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Sugar Brown	1 oz	89.98	0	24	0	0	0	0	0	0	0
Applesauce Cup 4.5 oz	1 ea	50	0	16	2	0	0	0	0	15	0
Totals:		849.36	39.57	125.09	14.55	25.83	7.74	0	77.25	1417.81	5.91

% Calories from:

Total Fat: 27.37%

Saturated fat%: 8.20%

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Galaxy Turkey Pepperoni Pizza HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Turkey Pepperoni Galaxy Round WG	1 ea	230	13	22	2	10	4.5	0	30	390	2
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Applesauce Strawberry Cup 4.5 oz	1 ea	60	0	15	1	0	0	0	0	17	0
Carrots Diced Frozen 20 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Totals:		737.43	24.27	128.33	14.1	16.2	6	0	45	755.37	2

% Calories from:

Total Fat:	19.77%
Saturated fat%:	7.32%

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Chicken Patty Sandwich HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Patty Breaded WG Goldkist	1 ea	190	15	13	2	9	2	0	35	390	1
Bun Hamburger 2 oz WG	1 ea	147	6.24	26.47	2.65	1.94	0.32	0	0	248.14	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Carrots Diced Frozen 20 lbs	0.5 cup	23.33	0.67	5.33	2	0	0	0	0	46.67	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Sugar Brown	0.5 oz	44.99	0	12	0	0	0	0	0	0	0
Totals:		770.73	37.12	126.78	15.56	13.6	3.82	0	50	1226.18	4

% Calories from:

Total Fat: 15.88%

Saturated fat%: 4.46%

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Taco HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Peas Frozen 20 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Tropical Fruit Cup 4.5 oz	1 ea	70	0	17	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Cheese Cheddar Shredded 20 lbs	1 oz	80	1	0	0	5	2.5	0	0	290	0
Tortilla Ultragrain 6 in	2 ea	180	4	30	4	5	3	0	0	150	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Taco Meat Turkey JTM	3.45 oz	148	16	5	2	7	2	0	41	274	0
Beans Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	0
Totals:		823.11	40.94	111.43	18.64	19.66	9	0	56	1057.46	0

% Calories from:

Total Fat:	21.50%
Saturated fat%:	9.84%

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Chicken Alfredo HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Nugget Grilled Brakebush	4 ea	150	11	0	0	10	2.5	0	35	370	0
Pasta Penne Rigate	1 cup	400	14	84	4	2	0	0	0	0	0
Cauliflower Frozen	0.5 cup	12.5	1	2.5	1	0	0	0	0	12.5	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Sauce Alfredo Powdered	3 oz	0.42	0.01	0.07	0	0.01	0.01	0	0.05	2.01	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Totals:		747.02	35.81	119.07	9.6	14.71	4.01	0	50.05	523.31	0

% Calories from:

Total Fat: 17.72%

Saturated fat%: 4.83%

EAT Enterprises Nutrition Report

French Toast Sticks HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
French Toast Stick .8 oz WG	4 ea	260	6	38	3	10	1.5	0	0	300	0
Sausage Turkey Patty	2 ea	120	12	0	0	8	2	0	60	180	0
Potatoes Tater Tot	16 ea	180	2	28	4	7	0	0	0	340	0
Blueberries Fresh	0.75 cup	60	0.75	15.75	3	0.38	0	0	0	0	0
Syrup Sugar Free	1 ea	25	0	10	0	0	0	0	0	75	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Totals:		810.41	29.96	119.73	12.91	28.04	5	0	75	1016.37	0

% Calories from:

Total Fat: 31.14%

Saturated fat%: 5.55%

EAT Enterprises Nutrition Report

Turkey Sausage Pizza HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Turkey Sausage 4x6 WG	1 ea	280	16	33	5	10	4	0	30	460	2
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Banana Institutional Pack (150 ct)	1 ea	110	1	27	3	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Dressing Ranch SS	2 ea	60	0	4	0	5	0	0	10	110	2
Tomatoes Grape	0.25 cup	8	0.4	1.75	0.55	0.1	0.03	0	0	2.25	0
Lettuce Salad Mix	1 cup	15	0	2	1	0	0	0	0	20	0
Totals:		738	26.9	120.75	13.55	17.6	5.53	0	55	767.25	4

% Calories from:

Total Fat: 21.46%

Saturated fat%: 6.74%

EAT Enterprises Nutrition Report

Cheeseburger HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Beef Patty 2.2 oz	1 ea	110	11	2	1	7	2.5	0	30	210	0
Bun Hamburger 2 oz WG	1 ea	147	6.24	26.47	2.65	1.94	0.32	0	0	248.14	0
Ketchup SS	1 ea	10	0	2	0	0	0	0	0	85	0
Mustard SS	1 ea	5	0	0	0	0	0	0	0	65	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Cheese Cheddar Sliced .75 oz	1 ea	80	5	0	0	7	4	0	25	135	0
Applesauce Mixed Berry Cup 4.5 oz	1 ea	60	0	15	2	0	0	0	0	30	0
Beans Green Frozen 20 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	0
Totals:		797.26	35.94	107.42	13.8	25.6	9.32	0	70	1214.51	0

% Calories from:

Total Fat: 28.90%

Saturated fat%: 10.52%

EAT Enterprises Nutrition Report

Chicken Fajitas HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Pulled Tyson	2.2 oz	88	11.73	0.73	0	3.67	1.1	0	47.67	88	0
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Beans Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	0
Peppers & Onions	0.25 cup	15	0.33	3	0.67	0.17	0	0	0	96.67	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Tortilla Ultragrain 6 in	2 ea	180	4	30	4	5	3	0	0	150	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Sauce Taco SS (200 ct)	1 ea	5	0	1	0	0	0	0	0	70	0
Totals:		746.39	34.8	127.73	17.2	12.25	5.6	0	62.67	666.37	0

% Calories from:

Total Fat:	14.77%
Saturated fat%:	6.75%

EAT Enterprises Nutrition Report

Spaghetti & Meatballs HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Meatballs Turkey	6 ea	120	14	6	1	5	1.5	0	45	450	0
Pasta Penne Rigate	1 cup	400	14	84	4	2	0	0	0	0	0
Sauce Spaghetti Canned	0.5 cup	60	2	13	3	0	0	0	0	500	1
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Cauliflower Frozen	0.5 cup	12.5	1	2.5	1	0	0	0	0	12.5	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Totals:		776.6	40.8	138	13.6	9.7	3	0	60	1101.3	1

% Calories from:

Total Fat: 11.24%

Saturated fat%: 3.48%

EAT Enterprises Nutrition Report

Chicken Nuggets HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Beans Vegetarian in Sauce Canned	0.5 cup	110	6	20	5	0	0	0	0	330	0
Sugar Brown	0.5 oz	44.99	0	12	0	0	0	0	0	0	0
Honeydew	0.5 cup	70	0	16	1	0	0	0	0	20	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Peas Frozen 20 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Sauce BBQ SS	1 ea	20	0	5	0	0	0	0	0	90	3
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	0
Chicken Nugget Breaded 30 lbs	5 ea	240	13	16	3	14	2.5	0	20	470	0
Carrots Diced Frozen 20 lbs	0.25 cup	11.67	0.33	2.67	1	0	0	0	0	23.33	0
Totals:		821.77	34.27	124.1	17.64	20.16	5	0	35	1286.79	3

% Calories from:

Total Fat: 22.08%

Saturated fat%: 5.48%

EAT Enterprises Nutrition Report

Galaxy Cheese Pizza HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Cheese Galaxy Round WG	1 ea	220	12	21	2	10	5	0	25	330	2
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Grapes Red Seedless 18lbs	0.5 cup	53.33	0.67	14.67	0.67	0	0	0	0	0	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Pretzel Goldfish WG IW	1 ea	90	2	16	1	1.5	0	0	0	200	0
Potatoes Sweet Potato Tot	10 ea	170	1	34	3	4	0	0	0	230	9
Totals:		791.72	26.41	136.67	13.2	18.91	6.5	0	40	881.7	11

% Calories from:

Total Fat:	21.50%
Saturated fat%:	7.39%

EAT Enterprises Nutrition Report

BBQ Pulled Chicken HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Chicken Pulled Tyson	3.3 oz	132	17.6	1.1	0	5.5	1.65	0	71.5	132	0
Bun Hoagie 2 oz WG	1 ea	151.12	5.82	28.55	2.76	5.82	0.26	0	0	236.67	3.76
Potatoes Tater Tot	8 ea	90	1	14	2	3.5	0	0	0	170	0
Peaches Diced Cup 4.5 oz	1 ea	80	1	21	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Corn Frozen 20 lbs	0.5 cup	64.29	2.14	15	1.43	0.71	0	0	0	0	0
Sauce BBQ Gallon	2 oz	50	0	12	0	0	0	0	0	380	10
Totals:		761.51	36.16	127.65	12.29	18.23	3.41	0	86.5	1040.37	13.76

% Calories from:

Total Fat: 21.55%

Saturated fat%: 4.03%

EAT Enterprises Nutrition Report

Taco Mac & Cheese HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Taco Meat Turkey JTM	2.5 oz	107.25	11.59	3.62	1.45	5.07	1.45	0	29.71	198.55	0
Macaroni & Cheese	4 oz	193.33	11.33	18.67	1.33	8	5.33	0	26.67	366.67	0
Beans Pinto	0.5 cup	120	7	21	5	0	0	0	0	140	0
Applesauce Mango Cup 4.5 oz	1 ea	50	0	14	1	0	0	0	0	0	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Broccoli Cut Frozen 20 lbs	0.5 cup	17.5	1.5	3.5	1.5	0	0	0	0	17.5	0
Chip Tortilla Round Bulk	1 oz	120	2	20	2	4.5	0.5	0	0	75	0
Oranges Fresh (138 ct)	1 ea	65.41	1.21	16.98	2.91	0.16	0	0	0	1.37	0
Totals:		773.49	42.63	108.77	15.19	20.23	8.78	0	71.38	919.09	0

% Calories from:

Total Fat: 23.54%

Saturated fat%: 10.22%

EAT Enterprises Nutrition Report

Pierogi & Kielbasa HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pasta Pierogi Potato & Cheese WG	7 ea	210	10.5	28	3.5	5.83	3.5	0	58.33	268.33	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Turkey Kielbasa 3 oz	0.5 ea	60	6	2	0	3.5	1	0	30	315	0.5
Beans Green Frozen 20 lbs	0.5 cup	29.85	1.49	5.97	2.24	0	0	0	0	0	0
Potatoes Sweet Potato Tot	10 ea	170	1	34	3	4	0	0	0	230	9
Apple Red Fresh	1 ea	66.6	0.3	18	3.1	0.2	0	0	0	1.3	0
Sauerkraut	0.25 cup	10	0	2	0	0	0	0	0	400	0
Cracker States & Capitals WG	1 ea	120	2	22	2	4	0	0	0	65	6
Totals:		766.45	29.29	122.97	13.84	20.03	6	0	103.33	1399.63	15.5

% Calories from:

Total Fat: 23.52%

Saturated fat%: 7.05%

EAT Enterprises Nutrition Report

Chicken Drumstick HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Potatoes Mashed Canned	0.5 cup	51.43	1.71	10.86	1.14	0	0	0	0	97.14	0
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Pear Fresh	1 ea	94.1	0.6	25	5.1	0.2	0	0	0	1.7	0
Peas Frozen 20 lbs	0.5 cup	59.7	3.73	10.45	3.73	0	0	0	0	82.09	0
Cornbread Loaf 2 oz WG	1 ea	180	3	28	1	6	0.5	0	15	90	15
Grapes Red Seedless 18lbs	0.5 cup	53.33	0.67	14.67	0.67	0	0	0	0	0	0
Gravy Chicken Base	2 oz	2.5	0	0.5	0	0	0	0	0	312.5	0
Chicken Drumstick Breaded WG Goldkist	1 ea	290	21	15	2	17	3.5	0	95	550	0
Totals:		831.06	38.71	115.48	13.64	25.7	5.5	0	125	1253.43	15

% Calories from:

Total Fat: 27.83%

Saturated fat%: 5.96%

EAT Enterprises Nutrition Report

Cheese Pizza Slice HS

Item Name	Portion Size	Calories (kcal)	Protein (g)	Carbs (g)	Fiber (g)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Added Sugar (g)
Pizza Cheese Wedge WG	1 ea	260	15	32	6	8	3	0	15	660	1
Milk 1 % White 1/2 pint	1 ea	100	8	11	0	2.5	1.5	0	15	120	0
Lettuce Romaine Chopped	1 cup	10	1	2	1	0	0	0	0	0	0
Tomatoes Grape	0.5 cup	16	0.8	3.5	1.1	0.2	0.05	0	0	4.5	0
Carrots Baby 2oz IW	1 ea	25	0.5	6	2	0	0	0	0	45	0
Honeydew	0.5 cup	70	0	16	1	0	0	0	0	20	0
Cracker Cheez It WG	1 ea	100	2	14	1	3.5	1	0	0	150	0
Dressing Ranch SS	1 ea	30	0	2	0	2.5	0	0	5	55	1
Raisins	1 ea	140	1	36	2	0	0	0	0	10	0
Totals:		751	28.3	122.5	14.1	16.7	5.55	0	35	1064.5	2

% Calories from:

Total Fat: 20.01%

Saturated fat: 6.65%

